



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

COURSE TITLE

Volleyball

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 122

(Formerly:)

CIP Code: 13.0597

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Volleyball is designed to improve the student's volleyball skills/knowledge so to participate successfully and enjoyably in the team activity of volleyball. Emphasis will be on executing proper fundamentals of the game. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Identify volleyball rules and guidelines.
2. Demonstrate proficiency in:
 - A. Spiking
 - B. Passing
 - C. Serving
 - D. Overhead Passing
 - E. Defensive Skills
 - F. Demonstrate offensive and defensive strategies.

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Rules and Sportsmanship
2. Strategies

- a. Offense
- b. Defense
- 3. Skill Improvement
 - a. Spiking
 - b. Serving
 - c. Passing
 - d. Overhead Passing
 - e. Defensive Skills
 - f. Team Play

DEPARTMENTAL GUIDELINES *(optional)*

Reinforces the National Association of Sport and Physical Education (NASPE standards)

- 1. Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities.
- 2. Participates regularly in physical activity.
- 3. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

DIVISION CHAIR APPROVAL

DATE